



DHWP Health News

Your Partner in Good Health

Volume 3, Issue 3
The Back to School Edition

September 2009
Editor : Dara Watson

Public Health Prevention

Help Your Child Carry Their Health Back to School—(Dara Watson)

Inside this issue:

Back-to-School Immunizations	2
Topics in Men's Health, Teen Pregnancy; a guide for guys	2
Help Me Breathe in School	3
Stop the Spread of Germs in School & Playground Safety	3
Bullying Prevention, The Sex Talk & The Nutrition Nook	4-5
News at DHWP & Male involvement in Maternal & Child	6
DHWP Events & Substance Abuse Peer Pressure	7
DHWP Recipe	8
Health Policy Advocacy	8

As the new school years begin this month, the pressure's on to shop for spiffy threads, new notebooks and lunchboxes. Don't forget that you also need to take some steps to protect your child's health. Here are some points to remember as you send your children back to school.

Make sure your child has had a recent physical, especially if he or she plans to play sports, advises Lisa Randon, M.D., pediatrics physician over the DHWP school-based health clinics. "Physical exams are about prevention," says Dr. Randon. "Too many times we only see patients when there's a problem. We want to see them before there's a problem to keep them healthy." The DHWP School-based health clinics are located at Northwestern High School and Detroit International Academy (formerly Northern High School). Call 313-596-0700 ext. 388 to schedule an appointment.

Make sure your child's vaccinations are up to date. Many schools and colleges won't admit students who don't have all their shots. Additionally, more immunizations, such as hepatitis B, are now being required. Contact the DHWP Immunization unit at 876-4336 or visit www.cdc.gov/vaccines to get

the full childhood immunization schedule.

Write out an action plan for dealing with any chronic health conditions your child might have, such as asthma or food allergies. It'll help the school and your child's teacher better deal with their needs. Include information about triggers, medication, and instructions for an emergency; talk with your child's doctor to make sure the list is complete. Also, make sure that your child's school has up to date emergency phone numbers on file, for both you and your pediatrician.

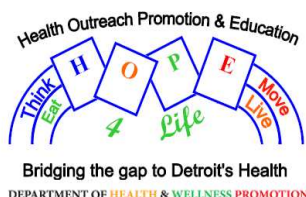
Many children who are starting school or heading to college are required to bring a birth certificate with them at enrollment. Don't wait until the last minute to get a copy as lines and the wait becomes long the closer you get to school opening. DHWP Vital Records is located on the 1st floor of the Herman Kiefer Health Complex. Regular hours are Monday — Friday 8:00 AM to 4:00 PM. Special extended hours are August 31—September 11 from 8:00 AM—6:00 PM and Saturday September 5 from 8:00 AM—3:00 PM

Put your kids on a sleep schedule. Children may have gotten used to staying up

late over the summer, but once school starts, they'll need to get onto a routine sleep schedule. When kids don't get enough rest, their mood and performance can be affected. A 2006 study of 1,600 adolescents found that one in four high school students falls asleep in class at least once a week. Children ages 5 to 12 should sleep for 10 to 11 hours a night and adolescents 9 to 10 hours. Rafael Pelayo, M.D., Director of the Pediatric Sleep Service at Lucile Packard Children's Hospital in Palo Alto, Calif., suggests that you insist on new bedtimes at least a week before classes start. Have the kids minimize or avoid stimulating activities, such as computer games, within one hour of bedtime. Also, make sure kids go to bed and wake up about the same time every day, including on the weekend.

Stock up on healthy options for breakfast and lunch. Instead of putting sweetened drinks in the lunchbox, choose water or low-fat milk. Packing your kid off to college? Well, along with the computer, iPod, bedding and clothes, make sure your student also brings some fire-safety

Continue on next page →



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Don't Miss a Day! Staying Up-To-Date with Immunizations— (Denise Wilson)

Back to school check-ups and sports physicals are an ideal time to ensure that your teen and pre-teen are fully immunized. In addition to the meningococcal and pertussis vaccines, as well as HPV vaccine, the Advisory Committee on Immunization Practices (ACIP) still recommends the expanded age range for yearly influenza vaccination to include all children from 6 months through 18 years of age, beginning with the 2008-2009 flu season.

A handout for teens' parents called, "Information for Parents: Human Papillomavirus, Meningococcal & Other Vaccines for Pre-Teens and Teens", is available on the Michigan Department of Community Health

(MDCH) and the Michigan Department of Education websites; www.mich.gov/immunize and www.detroit.k12.mi.us. Sixth graders and older teens are recommended to have the following vaccines if they have not already had them:

- ◆ 1 dose of meningococcal vaccine (MCV4)
- ◆ 3 doses of human papillomavirus vaccine (HPV) – girls only
- ◆ 1 dose of tetanus, diphtheria, pertussis vaccine (Tdap)
- ◆ 3 doses of hepatitis B vaccine (hep B)
- ◆ 2 doses of hepatitis A vaccine (hep A)
- ◆ 2 doses of measles, mumps, rubella vaccine (MMR)

- ◆ 2 doses of chicken pox vaccine (var)
- ◆ At least 3 doses of polio vaccine (IPV or OPV)
- ◆ Flu vaccine every year in the fall or winter months

Some adolescents with specific health risks and social conditions may need additional vaccines such as hepatitis A, influenza and pneumococcal. Check with your doctor to be sure.



As children and adolescents go in for their well-child checkups or sports physicals, be sure to ask the doctor about needed vaccines. Immunization protects the health of adolescents and their friends, families, and communities.



Teen Pregnancy: A Guide for the Guys— (Courtney Martin)

Public Health Prevention

Does it sometimes seem like everyone your age is having sex? Do you know anyone at your school who is pregnant or has a baby? Though the rate of teen pregnancy has been going down over the past decade, the U.S. still has the highest teen pregnancy rate of any western industrialized country.

You're just a guy... What can you do about birth control? Plenty! Whether you help your partner use birth control, or you use it, there are many things you can do to avoid an unplanned pregnancy.

- ⇒ Don't Have Sex Without It
This is the most important rule if you're going to have sex! If she forgets to use her birth control or you run out of condoms, DON'T HAVE

SEX! Wait until you're prepared.

- ⇒ Bring Up the Subject
Start talking about birth control before you have sex. Explore your options, and even consider waiting or not having sex at all. It takes courage to bring up the subject, but she will respect you more if you do.
- ⇒ Go With Her to the Clinic or Doctor
Offer to take her to the family planning clinic (at Herman Kiefer, Grace Ross or Northeast clinic) or doctor. Don't be embarrassed or uncomfortable to go in with her. If you uncomfortable, think of how she feels!
- ⇒ Pay for Birth Control
Offer to pay for her clinic visit and her prescription of whatever method of birth control she chooses. Remember, it takes two people to make a baby as well as the both of you to prevent it!
- ⇒ Learn About Birth Control

The more you know, the less likely you are to have unplanned pregnancy. Go to the clinic or doctor (or a nurse) so you can learn firsthand about different methods. Read pamphlets or other materials about birth control.

- ⇒ Use Condoms
Condoms show that you can and are willing to take responsibility. They're easy to use and will also protect you from Sexually Transmitted Diseases and Infection
- ⇒ Help her Use Birth Control
Ask her how you can help. If she takes a pill, ask if she needs to be reminded to take them (and then remind her).
- ⇒ Don't Do It
You're wrong if you think everyone's doing it. You have a choice not to have sex. Only have sex if you're ready for the consequences that will be waiting for you afterward. Remember that the only sure way to keep from having an unplanned pregnancy is not to have sex.

Continued from pg. 1

sense. The number of fires in campus housing has risen in the past few years from 1,800 fires in 1998 to 3,300 fires in 2005. These fires caused an average of 7 deaths and 46 injuries per year. According to the National Fire Protection Association, cooking equipment caused about three of every four dorm fires. Remember these guidelines:

- Don't disable smoke alarms.
- Students should cook only in designated areas, and never leave cooking equipment unattended.
- Keep combustibles away from heat sources, such as portable heaters, lights (including halogen lamps) and don't overload electrical outlets, extension

cords or power strips.

- Take special care with holiday and seasonal decorations. Don't use combustible materials.
- Never block access to safety devices, doors, etc.
- Know your building's evacuation plan in case something does go wrong.



Back to School: Help me Breathe— (Elizabeth Milton)

The best way to keep a child with asthma healthy, in school, and ready to learn is for parents to work together with the child's doctor and the school. Even young children can learn to manage their own asthma, by avoiding triggers, recognizing their signs and symptoms, and taking medicine correctly. When asthma is well managed, a child shouldn't need to use



Teaching your child to manage their asthma can be a life-saver in school.

"quick-relief" or "rescue" (such as inhalers) medicines often. But families and schools must be prepared for an asthma emergency.

Access to "quick-relief" inhalers at school is critical for children with asthma as it will instantly open airways during an asthma attack and can be life-saving. The longer it takes to give quick-relief medications, the worse the asthma attack may become.

Michigan school children, under certain conditions, are allowed by law to carry and use prescribed asthma and allergy medications on school grounds and during school-sponsored activities. The Michigan School Code ensures students with asthma and allergies have immediate access to life-saving medications (i.e. inhaler and epinephrine auto injector or epinephrine inhaler to treat anaphylaxis). Check with the principal or chief administrator to find out the

school policy and what conditions must be followed.

Additionally, all students with asthma should have a written Asthma Action Plan detailing personal information about their asthma symptoms, medications, any physical activity limitations, and specific instructions about what to do if an asthma attack does not improve with medication. All of the student's teachers, coaches, as well as the school nurse and/or office should have an updated Asthma Action Plan for the student.

Communication between parents and schools is critical to your child's safety! Take time to talk to the school about your child's Asthma Action Plan..

Public Health Prevention

Stop the Spread of Germs— (Dara Watson)

As kids head back to school, many will soon be heading back home with colds and flu. Schools can be a breeding ground for the spread of germs and viruses. But students can cut down the possibility of exposure to cold and flu viruses by putting into practice a few good hygiene practices. "The key for the upcoming school year is good hand washing, covering mouths and noses when you cough or sneeze without the use of your hands and staying at home when sick," says Dr. Melinda Dixon, M.D., Medical Director of the DHWP Communicable Disease Divi-

sion. "Covering the nose and mouth prevents entry of infection into the air space and by using something other than hands prevents germs from getting on hands." Kids touch everything and while cold and flu viruses usually spread from person-to-person contact, you can also become infected from contact with contaminated surfaces. According to the Mayo Clinic while the length of time cold or flu germs can live outside the body on a surface, such as a doorknob, varies greatly, the range is generally believed to be from a few seconds to 48 hours.

Flu viruses tend to live longer on surfaces than cold viruses do. Also, it's generally believed that cold and flu viruses live longer on nonporous surfaces, such as plastic, metal or wood, than they do on porous surfaces, such as fabrics, skin or paper.

The best way to avoid becoming infected with a cold or flu is to wash your hands frequently with soap and water or with an alcohol-based sanitizer.

"For this season, we encourage people to get routine flu vaccine, but also listen for other vaccination needs," says Dr. Dixon.

Children's Health

School and Playground Injury Prevention— (Yolanda Hill-Ashford)

These days when you hear people talk about school safety, they're probably speaking about violence. However, studies show school-age children are nine times more likely to get an unintentional injury than to be the victim of violence while at school. In fact, about 2.2 million children ages 14 and under suffer school-related injuries each year, and in elementary schools 80% of students will see a

school nurse for an injury-related complaint over a two year period. (Safe Kids)

Playground injury is the most common school-related injury among children ages 5 to 14. Most of these injuries involve falls. Strangulation is another serious playground risk. It usually happens when children's clothing becomes tangled or when kids become trapped in equipment and accounts

for nearly half of all playground equipment-related deaths. Whatever the cause, kids are at greater risk of injury when unsupervised. Lack of supervision is associated with 40 percent of playground injuries.

Teach Kids Safety: Teach children proper playground behavior: no pushing, shoving or crowding. Tell them what equipment is appropriate for their age levels.

Kids should come to bus stops early, stay out of the street and avoid horseplay, wait for the bus to come to a complete stop before approaching the street, watch for cars, and avoid the driver's blind spot. For more information call SAFE Kids USA: 971-673-1001.

Beat the Bully at School: – (Murlisa Lockett)

Bullying affects more students than parents realize. Even if your child isn't a bully and isn't a victim of bullying he or she may still be affected by bully/victim problems in the school.

According to Blueprints for violence Prevention, in classrooms or schools with high levels of bullying problems students tend to feel less safe and are less satisfied with school life. These feelings mean that for many students, especially those who are bullying victims, the classroom is no longer a place of learning. When a child feels unsafe they can't pay attention to their schoolwork as they should.

Fact: 160,000 kids miss school everyday due to bullying and school violence.

Fact: 950,000 students across the US bring weapons to school every month.

Fact: Schools now reports that over a quarter of a million students per month are being physically attacked

during the school day.

Bullying happens, however much we dislike the idea. But the effects of bullying can last into adulthood, so it's important that everyone helps to protect bullied children.

What is bullying? The act of bullying at school, and other place, can take many forms, including violent attacks, threats, name calling, social isolation, hitting, tormenting and humiliation. If children are constantly bullied, they can develop low self-esteem, shyness, depression, suicidal feelings and their academic work can start to suffer.

Five Tips for Parents:

1. Talk with your child's teacher. Make sure they're aware of what is going on. Do not go into the school to confront the staff. Parents and teachers need to be on the same side.
2. Do not ignore your child's reports. Ignoring them sends the wrong message.

3. Stress the importance of body language.

4. Teach your child how to defend him or herself. Martial arts training is highly recommended.

5. Coach your child in alternatives while teaching him/her problem solving skills.

To learn what your school is doing about bullying, contact the school guidance counselor or administrator. If your school does not have a bullying prevention program in place, encourage school administrators to start one. Bullying prevention programs don't just make school better for bullies and victims; they make school better for all students.

For further information and help on bullying:
The Aspen Group (866) 207-7596
WWW.STOPBULLYING.COM
WWW.TOLERANCE.ORG
WWW.PTA.ORG
WWW.EDUCATION.COM/TOPIC/SCHOOL-BULLYING-TEASING

SO YOU THINK YOU'RE READY TO HAVE SEX? THINK AGAIN! - (Courtney Martin)

More and more teenagers are choosing abstinence because they want to be 100% sure of avoiding STD's (sexually transmitted diseases) and pregnancy. Even teens who have had sex before are making a commitment to be abstinent.

What exactly is abstinence anyway?

Abstinence means that you are not having sexual intercourse. Sex can be vaginal, oral (mouth) or anal. Being abstinent means not having sexual relations with anyone in any form.

What should I say if I feel pressured to have sex?

A good relationship is about good communication. Talk to the person you're dating and be clear about your values and what you really want. Don't be shy about what you don't feel comfortable doing. The fact is you

don't really need to tell anyone why you don't want to have sex. Tell the person you're dating early on you plan to be abstinent. This way there will be no expectations and you both can avoid situations that could make abstinence difficult.

My partner keeps telling me. "If you love me, you'd have sex with me."

Don't be fooled by this line! Loving someone doesn't give them permission for sex. Having sex when you really don't want to is letting yourself down, and it doesn't guarantee that your partner will stay with you either. If someone wants to break up with you because you won't have sex, they really aren't worth it.

How can I talk to my parents about sex?

You may think that your parents would be last on your list of people

that you would talk to about sex but talking to a parent may help you understand your feelings. You might want to start a conversation with your parent(s) about peer pressure. Then you might ask them their feelings about sex before marriage. Parents know that growing up isn't easy. If given the chance, parents can be very helpful and supportive.

Is it possible to get an STD or become pregnant without vaginal intercourse?

Yes. If a male ejaculates near the vagina sperm can still get inside.

Are there any other risks involved with having sex?

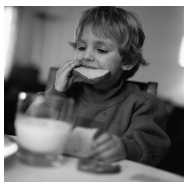
Yes. Besides running the risk of getting an STD or becoming pregnant, having sex when you're not ready can cause you to feel bad about yourself.

For information about sexual health and abstinence call 313-870-0609.

The Nutrition Nook

Lasting Lessons - (Eve VanDalsen, RD)

Back to school season is upon us. As the stores fill their shelves with folders, pens, back packs and school snacks we prepare our families for the return to routine. Some things to keep in mind:



BREAKFAST: Kids who eat a wholesome one perform better in school. Sadly, many of our kids head off to school with empty

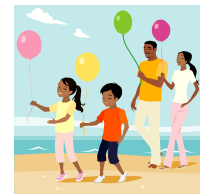
bellies. This affects performance and behavior, setting kids up for a lifetime of poor eating habits. Short on time

and money? Ask your local school about their breakfast program.

QUALITY VS. QUANTITY: Growing kids need proper nutrition to stay strong and healthy. Feed your kids fruits and vegetables galore. Make sure they're getting 3 servings of low-fat dairy each and every day. Childhood and teen years are the most important time for strong bone development.

KEEP ACTIVE: Get out there and get moving. After dinner, consider a family bike ride. Close to a school track? Enjoy these last few summer evenings with a brisk walk. It is our responsibility

to be good role models for our children. Lead by example.



MASTER THE ROUTINE: It only takes 3 weeks of repetitive behavior before a habit is formed. What if your brisk evening walk was as natural to you as brushing your teeth every morning? What if eating loads of fruits and veggies was just "the way you eat"?

These lessons will last a lifetime. Get started today and reap the benefits

SNAP for Nutritional Health (Eve VanDalsen, RD)

The Supplemental Nutrition Assistance Program (SNAP) is the new name for the federal Food Stamp Program, which helps low-income people and families buy the food they need for good health. It is designed to offer support to those experiencing difficult financial times. For questions of eligibility please call 1-800-481-4989.

DHWP is offering classes to help those who receive SNAP benefits better understand health, nutrition, and budget. The goal for SNAP-Ed is to improve eating and lifestyle behaviors

as a preventative way to reduce diet-related health problems. Starting in September, classes will be offered each Wednesday at 1pm at the Herman Kiefer Complex. Please call nutrition services for a schedule of topics, location of classes and placement on our mailing list for updates on future education opportunities. 313-876-4550

Nutrition services presents....

Diabetes management: (in collaboration with the Health Clinic), a series of three classes, starting Wednesday

September 2nd. These classes will be offered monthly on the first three Wednesdays of each month at 10:30 am. 9/2/09 ~ An Overview, Importance of Self-Monitoring, taught by clinic RN & SW
9/09/09 ~ Managing your Diabetes with Nutrition, taught by Eve VanDalsen, RD
9/16/09 ~ Lifestyle and Weight Management, taught by Eve VanDalsen, RD

Attendance of all three classes is recommended as each one helps to build a foundation for the next. Please call 313-876-4550 for more information.

Fit for School & Home (Alberta Smith-Plump, RN)

Children and teenagers who bike ride, run, walk briskly, skate, play basketball for at least 60 minutes on most days of the week:

- ⇒ Build strong bones and strengthen muscles
- ⇒ Strengthen their hearts
- ⇒ Achieve a healthy weight
- ⇒ Maintain flexibility

⇒ Have improved posture, balance and self esteem

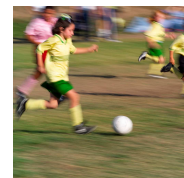


Keeping up regular physical activity as a youth decreases the risk of chronic disease such as heart disease and diabetes later in life.

Encouraging children to choose physical activities that are enjoyable

and are fun makes it more likely that they will stick with it. Take advantage of every opportunity to increase your child's physical activity.

Get that bike out, put on those skates, start walking briskly, and shoot that basket every day.



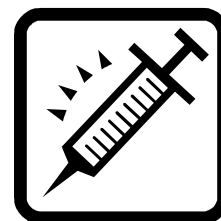
What's New at DHWP?

DIP Immunization Fair

The DHWP Detroit Immunization Program in partnership with Channel 7 WXYZ held its 32nd annual Immunization Fair on Sunday August 23, 2009 at the Charles H. Wright Museum of African American History. "This fair helps protect children up to age 18 who are uninsured or underinsured from vaccine preventable diseases, like measles, chicken pox and pertussis, also known as whooping cough," says Dawn Lukomski, Immunization Program Director.

The fair vaccinates on average 500 children a year. Children were immunized by DHWP nurses and given all the required shots to be healthy and ready for school this year. For years the annual fair was held on Belle Isle but was moved several years ago to better accommodate the public who previously had to wait in the summer heat.

In addition to receiving immunizations, children were screened for lead poisoning and parents were able to enroll in the DHWP WIC program, Maternal and Child Health programs and insurance. With the support of Channel 7 WXYZ participants were provided with lunch, give-a-ways and fun activities. "This is a great day filled with food and fun activities; but mostly it's a great day because we're keeping kids healthy and preventing disease," says Lukomski.



Involving More African American Men in Maternal child Health-

(Gwendolyn Winston, MCH Advisory Chair)

Detroit Healthy Start, a program of DHWP was awarded a multi-year continuation grant that will assist in decreasing the large gap in perinatal (the period around childbirth, especially the five months before and one month after birth) health. With this grant comes a new part of Healthy Start, a Male Involvement Initiative to support bringing more men into the work of building stronger families and communities. In acknowledgment of the important role that fathers play in the health, growth and development of their children, this funding will better support DHWP to more successfully serve men and fathers with added sensitivity and dignity. A male social

worker with experience coaching young men in life skills will be added to the Healthy Start team.

Placing an emphasis on male involvement was recommended by the DHWP Maternal Child Health Advisory Board, a consumer-driven group that has representatives from state and local government, program participants, community-based



organizations, private agencies, Healthy Start providers, schools and universities, coalitions and collaboratives. However, more voices of men were needed at the table.

The Board meets every other month and provides advice to Lead Poison Prevention and Control, Healthy Start, Nurse Family Partnership, School Based Health Centers, and Family Planning. It is the process of forming a discussion/working group that will assist in efforts to fill the gaps regarding men and fathers. Peers, the community and service providers are invited to become part of the Male Involvement Initiative to educate men and fathers using a holistic approach that will address the whole person, coordinate outreach services to men and develop an ongoing campaign aimed at consistently engaging young men. To join the initiative call 313-876-4148

DHWP Schedule of Events September 2009

- * **DHWP Pharmacy** Unit would like to announce an Information Session at WSU College of Pharmacy and Health Sciences for people interested in pursuing a career in Pharmacy, Occupational Therapy, Physical Therapy, Clinical Lab Science, Mortuary Science, Nurse Anesthesia, and other careers. The session will be at the Eugene Applebaum College of Pharmacy and Health Sciences on Mack and John R. , **Tues. Sept 1, 2009 from 6-8 PM.** Dr. Mary K. Clark is the Assistant Dean of Student and Alumni Affairs. For more information call 577-5876.
- * **DHWP Public Health Grand Rounds** will host its monthly session on **Wed., Sept 9, 2009 from 9:15 AM—10:15 AM** in the Auditorium. The topic will be LEPC, "Your Local Eyes and Ears", the speakers will be Firefighter: Herald Watkins and LEPC Chairman, Sheila Finch.
- * **Nutrition Services After School Meal Program** (Child and Adult Care Food Program) will conduct training sessions for agencies interested in participating in the Program. **Sept 8, 2009—Sept. 11, 2009 and Sept.14—17 at 10:30 AM and 1:30 PM**, at 1151 Taylor in Rm. 700B. For more information call 876-4450.
- * **The Detroit Immunization Programs** evening walk-in immunization clinics are at the following times and locations: **3 PM—6:30 PM Wed.** at Grace Ross Health Center located at 14585 Greenfield Rd. & Northeast Health Center located at 5400 E. 7 Mile Rd., **Thurs. Sept. 10 & Tues. Sept. 22, 2009 from 1 PM—5 PM** at the Herman Kiefer Pathway Center located at 1151 Taylor Rm. 154B - If you have any questions please call **313-876-4334.**
- * **The Detroit Immunization Program** will also be providing flu shots to those without Medicare (Part B), Medicaid or Traditional BCBS at the Senior "emergency" Home Repair Health Fair on **Sept. 26, 2009 from 9AM—3 PM** at the Cobo Hall Riverview Ballroom. For more information call 313-224-3461 or 313-628-2565. **The Bureau of Substance Abuse, Prevention, Treatment & Recovery** will be taking their services and resources to the streets on **Fri. Sept. 25, 2009 from 12 PM—4 PM** at the New Sweet Home Baptist Church located at 19603 Liberal St. For more information please call **313-876-0769.** **The Partnership for a Drug Free Detroit** will hold their monthly coalition meeting on **Sept. 24, 2009** at the City of Detroit Municipal Building at 2 Woodward Ave. on the 13th fl. from **5:30 PM—7:30 PM.** For more information call 876-0056.
- * DHWP HIV/AIDS division is recruiting support for the annual AIDS WALK MICHIGAN - on **Sat., Oct. 3, 2009** at the Belle Isle Nature Zoo. To register or make your donation, log on to www.aidswalkmichigan.org . Watch for details on the kick off pep rally, fun and prizes leading up to the walk; call 876-0980 for more information.

Public Health Prevention

The teen years can be a very challenging time for many youth. Physiological and biological changes are occurring in the brain and body causing a mix of emotions. This is also a time when youth are trying to figure out where they fit in. Making friends, being popular, getting good grades and gaining the respect of their peers are high priorities for many teens. Youth who are troubled with economic situations many times have additional concerns; including safety and care for younger siblings. These pressures along with environmental factors such as parental unconcern or acceptance of drug use, access to drugs, and the media can lead to experimentation with drugs.

The goal of prevention is to keep youth from starting drug use. Re-

search shows that teens who use drugs are often involved in other risk taking behaviors such as unprotected sex, gang violence, and delinquency which can lead to unplanned pregnancy, poor school performance, and criminal activity (Madres, 2006). Preparing youth to go back to school this fall means setting clear standards, healthy beliefs and giving them the skills to handle negative peer pressure. Here are some tips to help school-aged children and college students make positive choices and healthy decisions:

- 1). EDUCATE yourself and your children about the consequences of drug use and be clear about a zero acceptance for drug use; not doing so can send mixed messages to young children. Do not guess about drug consequences. Instead, take this as a chance to have your child show you how to surf the net. The Anti-Drug Campaign has useful information for families and parents at www.theantidrug.com.
- 2). INVOLVE youth in positive activities. Youth that are engaged in after school pro-

grams or structured activities have improved self esteem which gives them the courage to refuse drugs. Youth prevention programs such as the Youth Development Institute (YDI) involve teens in positive drug free activities and teach youth refusal skills to stay drug free, (313) 876-4659.

3). Set short and long term goals for yourself and have youth set goals as well. Lead by example and reward children for accomplishments. Setting small goals helps youth and adults to gain the confidence they need to achieve long term goals. Lead by example and reward children for accomplishments.

4). Know your children's passwords to social networking sites and check to see what they are talking about with their friends. Become familiar with popular websites including Facebook, Twitter, and MySpace. If your teen feels like you are invading their privacy ask them to help you set up a page for yourself and request them as a friend to view their page.



Help your kids live above the influence. Let them know it's o.k. to say NO!

Detroit Department of Health & Wellness

The HOPE Unit
1151 Taylor
Detroit, MI
48202

Phone: 313-876-0761

Fax: 313-876-4897

E-mail:

watsonda@health.ci.detroit.mi.us

Your Partner in Good Health

Find us on the web!
www.dethealth.org



Note on Policy Advocacy — (Jaye Bond, HIPPER Division)

As the world around us changes, it's important we keep our toolboxes full of things we need to survive. One of the most important tools is advocacy and we are all policy advocates! Whether you have written a letter to Congress or spoken with a neighbor about an issue you feel strongly about, you were advocating. Communicating your advocacy message is critical to creating policy change. Having a sound communication strategy allows you to frame your issue, increase public awareness, shape public opinion, create public pressure, and increase support, including among policy makers.

One thing to keep in mind as you develop your communication strategy is that a sound plan takes time to develop. Different audiences may need to hear different versions of a message or they may need to hear from different spokespersons. Whether you are talking to the President of the United States or the president of the local gardening association, you need clear messages to get your point across. To help craft the best messages for specific audiences, keep these tips in mind:

- ⇒ Frame your issue using 2-3 main messages targeted at your audience. Sure you have a lot to say, but having too many messages can confuse the audience and keep them from remembering what's most important. Make sure your message states the planned goal and is presented in a way that persuades your target audience to see things your way. For example, if there is a problem with stray animals in your neighborhood, you can get support from residents by talking about the danger this presents to children. However, it might be more persuasive to speak to an audience of city administrators about how much more attractive the city will be to new residents by addressing the problem of strays.
- ⇒ Be clear, concise, and compelling— and stay away from jargon and rhetoric. Your message has to catch the interests of audience members, evoke emotions, and appeal to its sense of right and wrong. If it's a political situation, it also has to appeal to a person's political self-interest. Try to come up with short

sound bites— catchy one-liners, attention-getting statements, quotable quotes— that capture your issue and will stick with your audience.

- ⇒ Collect stories and statistics to make your message more credible, powerful, and persuasive by grounding your message in the facts. But be careful to avoid using too many statistics. You want to provide the facts without boring the audience or losing them with a lot of different numbers. Finding personal stories that are compelling to your audience is another good way to help people remember the issue and feel personally connected.
- ⇒ Test your messages with different people before you put them to use. Test your messages out with friends, family, people you work with, and anyone you know that is part of your target audience. Doing so will help you determine if the message is clear, attracts interest, resonates, and motivates people to work.

If you have any questions as you incorporate more policy advocacy efforts in to your work, please feel free to call DHWP Policy Analyst, Jaye Bond, in the HIPPER unit at 313.870.0631 or email her at bondjay@detroitmi.gov.

DHWP Nutrition Division's **Hot** Healthy Recipe for a Cozy Autumn Cajun Pork

Ingredients:

Nonstick cooking spray

2 1/2 to 3 pounds boneless pork shoulder, trimmed and cut into 1-inch cubes

2 medium yellow sweet peppers, cut into 1-inch pieces

1 tablespoon Cajun seasoning

1 14 1/2-ounce can diced tomatoes with green pepper and onion, undrained

1 16-ounce package frozen cut okra

1 6-ounce package quick-cooking brown rice, cooked according to package

Bottled hot pepper sauce (optional)

Directions:

Lightly coat a large skillet with cooking spray. Heat over medium heat. In hot skillet cook meat, half at a time, until brown; drain off fat.

In a 3 1/2- or 4-quart slow cooker place meat and sweet peppers. Sprinkle with Cajun seasoning. Top with undrained tomatoes.

Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours.

If using low-heat setting, turn to high-heat setting.

Stir in frozen okra. Cover and cook 30 minutes more.

If desired, add hot pepper sauce. Serve over rice.

Servings Per Recipe 6 to 8 servings, Calories 233, Total Fat (g) 8 Sodium (mg) 444, Carbohydrate (g) 15, Total Sugar (g) 5, Fiber (g) 4, Protein (g) 25, **Vitamin C (DV%) 1.9**, Calcium (DV%) .1 Iron (DV%) .1

*Percent Daily Values are base on a 2,000 calorie diet

